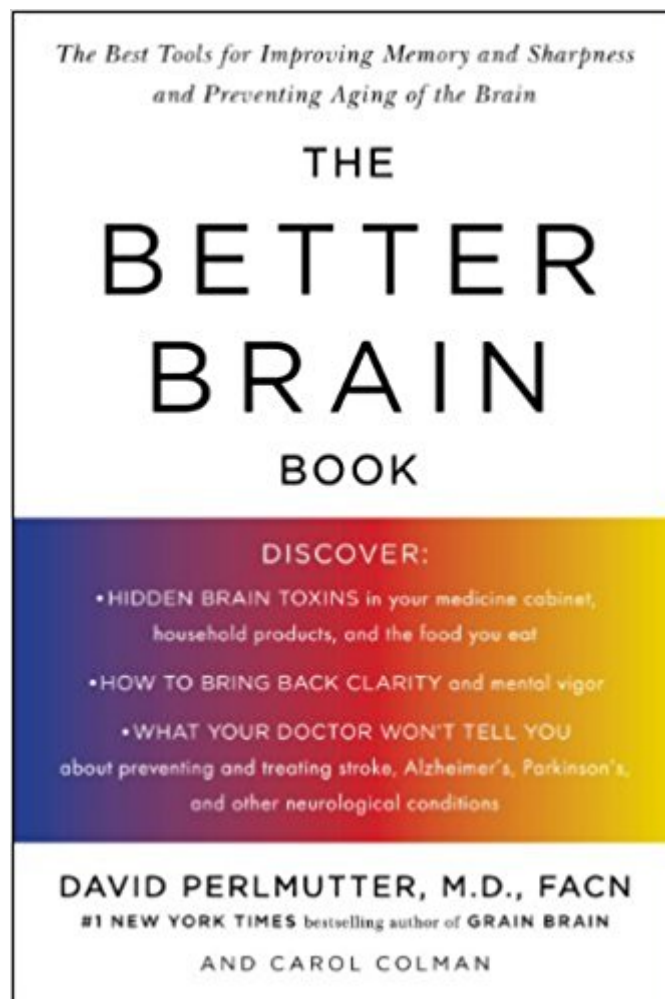


The book was found

The Better Brain Book: The Best Tool For Improving Memory And Sharpness And Preventing Aging Of The Brain



Synopsis

From the author of the #1 New York Times bestseller *Grain Brain* and New York Times bestseller *Brain Maker*... Loss of memory is not a natural part of aging—and this book explains why. Celebrated neurologist David Perlmutter reveals how everyday memory-loss—misplacing car keys, forgetting a name, losing concentration in meetings—is actually a warning sign of a distressed brain. Here he and Carol Colman offer a simple plan for repairing those problems, clarifying misconstrued connections between memory loss and aging, and regaining and maintaining mental clarity by offering the tools for: Building a better brain through nutrition, lifestyle changes, and brain workouts Coping with specific brain disorders such as stroke, vascular dementia, Alzheimer's, Parkinson's, multiple sclerosis, and Lou Gehrig's disease Understanding risk factors and individually tailoring a diet and supplementary program Features a "Life Style Audit," quizzes, a brain fitness program with the most effective ways to exercise your brain, and a nutritional program that details the best brain food and supplements.

Book Information

Paperback: 325 pages

Publisher: Riverhead Books; Reprint edition (August 2, 2005)

Language: English

ISBN-10: 1594480931

ISBN-13: 978-1594480935

Product Dimensions: 9.9 x 0.5 x 12.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (197 customer reviews)

Best Sellers Rank: #61,945 in Books (See Top 100 in Books) #59 in Books > Self-Help > Memory Improvement #1964 in Books > Self-Help > Personal Transformation #3182 in Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

Even though this book was written 8 years ago, the information in it still holds true. Much of the research done on dementia, Alzheimer's disease, etc. had been done as early as the 90's, but it was never released to the public. In addition, information on the internet was not as readily available at that time. In September of 2012, I removed my 93 year old mother from a nursing home where she had been deteriorating until I could get legal guardianship for her. During a period of 8 years that she lived with my aunt and then another 9 months in the nursing home, she had lost her ability

to speak, could no longer walk with assistance, and her brain function had been greatly reduced. When she came to live with us, she was completely incontinent (couldn't control bodily functions) and was on 10 medications that included 3 for high blood pressure, 1 for high cholesterol, 1 for low thyroid, 1 for water retention, in addition to a few others. When she came here, I immediately started research on her medications and why they were needed, and also the causes of dementia and what may halt or improve the condition. Through diet and supplements, we gradually eliminated the need for medications, and also started a regiment of supplements to improve brain function. At this point in time, 10 months later, she is not taking any medications at all, and is completely continent. I do caution anyone that might try this, that you need work closely with a physician that does periodic complete blood tests and physicals to monitor results. With supplements I found in my research, we have also increased her ability to speak, but it is not yet 100%.

Dr. Perlmutter does what only a small percentage of physicians today are doing. He goes beyond simply swallowing the "proprietary data" that pharmaceutical companies present to doctors every day at their offices and at every medical conference they attend until the vast majority believe it is the best we can do for our patients....give them prescription drugs to delay symptoms, and tell them that what can't be treated that way must be accepted as the normal pitfalls of aging. Some physicians can't accept that. They study nutrition, they study physiology, they search the medical literature for alternative treatments...research from all over the world that is available to any physician if he or she looks for it, but isn't promoted as the newest product by a pharmaceutical company. This is the kind of physician who wants to see his or her patients get well, or not become unwell in the first place. This kind of physician will continue to search for answers always to the questions of what restores health safely, what prevents disease effectively, what causes a rapid decline in health in the first place. This book is an excellent and more thorough follow-up to Dr. Perlmutter's Brain Recovery.com and goes into more depth, and gives more practical advice to YOU, so that you can take action now to protect your brain from aging much more rapidly than it should. There are other physicians who have learned similar things in other areas of health, and some are brave enough and generous enough to share them in this way. The American Medical System is designed to assist you in being unaware of how sick you are until you suddenly die, by simply treating your symptoms as they arise without teaching you the cause and helping you to regain your health and vitality.

[Download to continue reading...](#)

The Better Brain Book: The Best Tool for Improving Memory and Sharpness and Preventing Aging

of the Brain Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) The Brain Health & Better Memory Book: Improve Focus, Memory Recall, and Prevent Dementia Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Aging: Fight it with the Blood Type Diet: The Individualized Plan for Preventing and Treating Brain Impairment, Hormonal Deficiency, and the Loss of Vitality Associated with Advancing Years Eat Weird. Be Normal.: Med Free Brain Diet & Cookbook for Bipolar, Memory & Everyone who wants a Better Brain (Med Free Method Book Series 2) Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Hearing: Hearing Loss Cure: Get Your Hearing Back and Hear Better Than Ever Before *BONUS: Sneak Preview of 'The Memory Loss Cure' Included!* (Aging, Tinnitus, Hearing Recovery, Deaf, Health) Quantum Memory: Learn to Improve Your Memory with The World Memory Champion! Osteoporosis Diet: Osteoporosis Diet Guide To Preventing Osteoporosis And Improving Bone Strength By Adhering To The Osteoporosis Diet And Following The Osteoporosis Diet Nutritional Guidelines Improving Inter-professional Collaborations: Multi-Agency Working for Children's Wellbeing (Improving Learning)

